



# GULF DEFENDER



Vol. 62, No. 39

Tyndall Air Force Base, Fla. *Gulf Defender*

Oct. 3, 2003

## In brief

### Air Force News

News and information from around the Air Force will air on the base cable network's Channel 12. Air times are at 8 a.m., noon, 2 p.m. and 6 p.m. Tuesday and Thursday.

Current stories include 'Parent pin program initiated,' 'Falcons presented Commander-in-Chief trophy for sixth straight year' and 'Airman gets new lease on life with hearing implant.'

### Tuskegee Airman speaks to Tyndall

Retired Lt. Col. Herbert Carter, a member of the original Tuskegee Airmen (99th Fighter Squadron) is the featured speaker at the Black Heritage Committee-sponsored event at 12:30 p.m. Oct. 15 in the NCO Academy auditorium. Everyone is invited.

### Fall hunter safety course

The Fall hunter safety course is 6 p.m. Oct. 30; 8 a.m. Nov. 1 and a Nov. 2 (time pending) at Tyndall Elementary School cafeteria. For more information call Brenda Kampf or Jack Mobley, natural resources, at 283-2641.

### Finance closure

The 325th Comptroller Squadron closes 10:30 a.m. Oct. 10 for a squadron function. Emergency pager numbers are: first sergeant 914-1082; financial services 914-1207; and commander 914-1224.

## Inside

- Team Tyndall's lieutenant colonel selectees... **Page 7**
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- HAWC class offers healthy cooking... **Page 15**



Steve Wallace

## Air Dominance — delivered

**"Raptor 18," Tyndall Air Force Base's first F/A-22 Raptor touches down here at 4:35 p.m. Sept. 26 with Lt. Col. Jeff "Cobra" Harrigan, 43rd Fighter Squadron commander, at the controls. Colonel Harrigan delivered the Raptor direct from Lockheed Martin's assembly facility in Marietta, Ga. See story and photos about this historic day on Pages 8-9.**

## Web system integrates personnel, pay systems

**JIM GARAMONE**  
American Forces Press Service

**WASHINGTON (AFPN) —** A new Web-based system will integrate all of the services' military personnel and pay systems, Department of Defense officials announced Sept. 29.

The Defense Integrated Military Human Resources System will provide "one-stop shopping" for servicemembers when it is

fully implemented, officials said. The new system will be more accurate and make it easier for active-duty and reserve component servicemembers to check on their records, officials said. It will use commercial, off-the-shelf technology.

"This is a big deal," said David Chu, defense undersecretary for personnel and readiness. "I'm told this is the largest application of

(the software) in the world. We're pioneers here. Its functionality is very important to the department's long-term success."

Secretary Chu said that although the drive for the system preceded the current administration, it is very much in the spirit of transformation promulgated by Defense Secretary Donald H. Rumsfeld. The system will absorb

the 79 "legacy" systems into one Web-based system accessible to all who need to view those records, including the servicemembers themselves. The system will provide better, more accurate and more timely information for servicemembers and warfighters, officials said. It will allow combatant commanders "to have much better visibil-

●SEE WEB PAGE 3

*Training the best air dominance team for America*

# Raptor launches new era at Tyndall

BRIG. GEN. LARRY NEW  
325th Fighter Wing commander



The Raptor is here! As all of you know by now, “Raptor 18” arrived at 4:35 p.m. Sept. 26. I’m sure you are as excited as I am that it’s finally here and I want to thank Lt. Col. Jeff “Cobra” Harrigan for his efforts and those in the 43rd Fighter Squadron, 43rd Aircraft Maintenance Unit and F/A-22 integration Office as well as others involved in making this historic event a reality. Also, I want to thank all of you for your continued support. There isn’t a finer team in the Air Force to bring the Raptor on line and begin a new chapter in Air Force history than the men and women of Team Tyndall.

Those who were able to join us in witnessing this historic moment were not disappointed, for those unable to join us as we watched “Raptor 18” touch down, there will be other opportunities to see the aircraft in the coming months. One of those opportunities will occur Oct. 10 as we



BRIG. GEN. LARRY NEW  
325th Fighter Wing commander

“There isn’t a finer team in the Air Force to bring the Raptor on line and begin a new chapter in Air Force history than the men and women of Team Tyndall.”

gather to celebrate the F/A-22’s arrival. The ceremony will be held at 2:22 p.m. in the new F/A-22 hangar on the north side of the base. Also, in just a few short weeks, “Raptor 19” should join the fleet and we’ll see both aircraft in the skies above Bay County. We should receive a new Raptor every four to six weeks until 28 Raptors are on the ramp. In all, we’ll receive 50 Raptors. For more on “Raptor 18’s” arrival, see pages 8-9.

I’m sure many are wondering when we will begin training in the F/A-22. Well, the short answer is, we’ve been training for months on the maintenance side of the

house and we can now get the pilots in the 43rd FS up to speed and ensure those already trained maintain their currency. The 372nd Training Squadron, Detachment 4, has done a terrific job integrating state-of-the-art technology within the classroom environment that will provide world-class maintainers for Team Tyndall and the rest of the Air Force. Once we bring our fifth F/A-22 to Tyndall, we expect to integrate Raptor pilot training with training already occurring in our F-15 squadrons and the 325th Air Control Squadron, making Team Tyndall the cornerstone for air dominance

●SEE RAPTOR PAGE 6

## Action Line

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers. If you’re not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the office of inspections, 283-4646. Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

*Larry D. New*

BRIG. GEN. LARRY NEW  
325th Fighter Wing commander

## ON THE STREET

What did you enjoy most about seeing the first F/A-22 arrive at Tyndall?



“I came into the Air Force in 1974 when the F-15 was the frontliner, as I leave the Air Force in 2004, being able to see the new generation of fighter aircraft arrive here was a special day.”

CHIEF MASTER SGT.  
RON GEORGIA  
325th Fighter Wing



“After three years of hard work and anticipation it was great to see Tyndall receive the greatest aircraft in the world.”

TECH. SGT. BETHANY MAY  
325th Comptroller Squadron



“The Raptor brings excitement and opportunities for Tyndall, Bay County and the pilots that will fly it.”

MIKE ALVORD  
Trend Western

## Gulf Defender Editorial Staff

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Capt. Chris Karns ..... chief, 325th FW public affairs  
Tech. Sgt. Dan Neely ..... chief, internal information  
Tech. Sgt. Roel Utley ..... editor  
2nd Lt. Albert Bosco ..... staff reporter  
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Airman Sarah McDowell ..... staff reporter

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chaser, user or patron.

Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. Photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or emailed to [editor@tyndall.af.mil](mailto:editor@tyndall.af.mil). Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.



## Adverse Actions

*The following adverse actions took place at Tyndall AFB in September.*

**Articles15:**  
A second lieutenant from the 325th Air Control Squadron received forfeiture of \$1,000 per month for two months for drunken driving and dereliction of duty (failed to possess proof of vehicle insurance and registration).

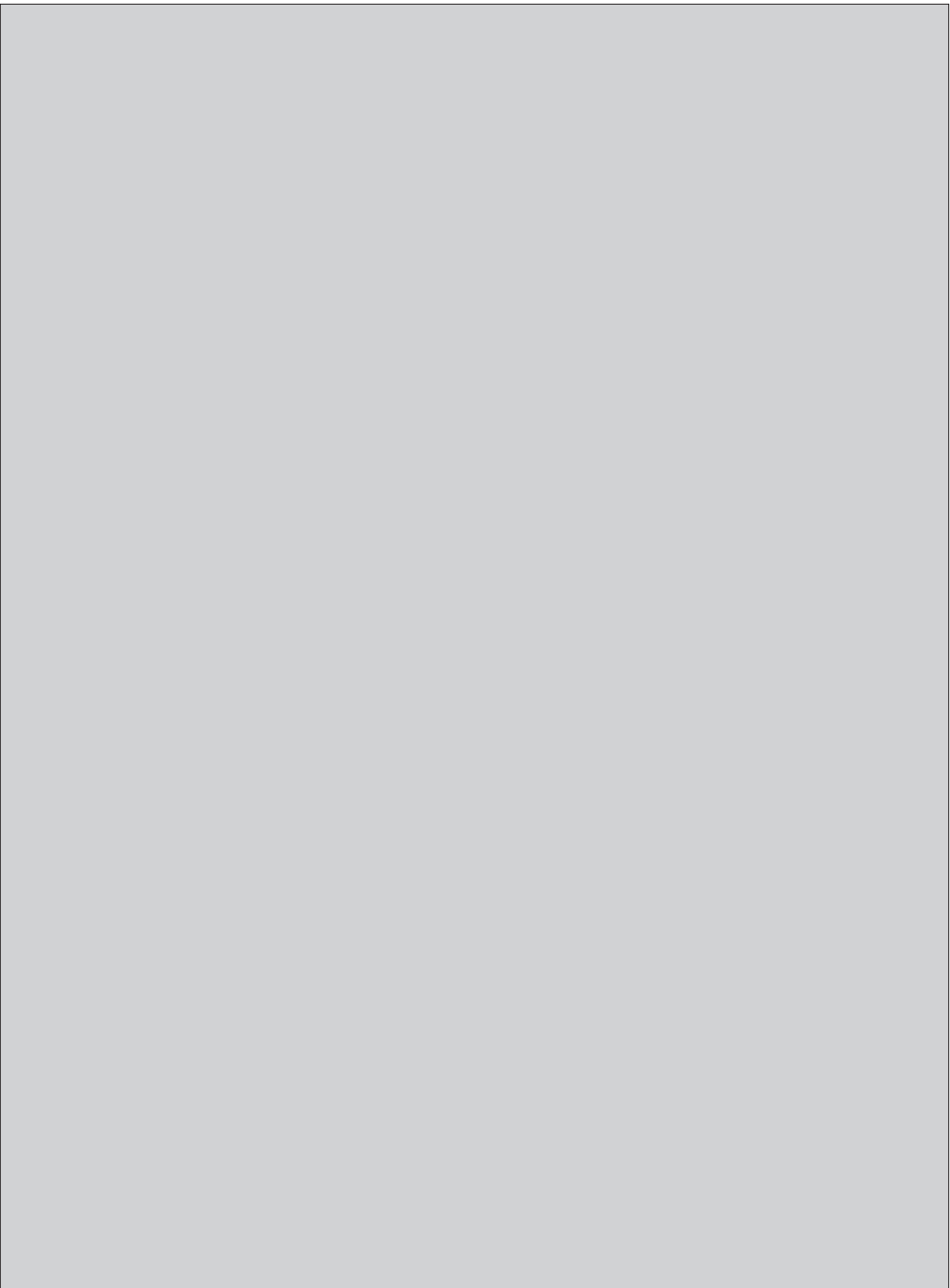
A staff sergeant from the 325th Aero-medical Dental Squadron received a suspended reduction to senior airman, forfeiture of \$456 per month for two months, and reprimand for disobeying a superior noncommissioned officer.

An airman from the 325th Civil Engi-

neer Squadron received a reduction to airman basic, suspended forfeiture of \$250 per month for two months, restriction to base for 60 days and a reprimand for dereliction of duty (underage drinking) and drunkenness/incapacitation for performance of duties.

**Administrative discharges:**  
An airman from the 325th Maintenance Operations Squadron received a general discharge for drug abuse (marijuana).

An airman from the 325th Security Forces Squadron received a general discharge for minor disciplinary infractions and mental disorders.



● FROM WEB PAGE 1

ity over what is ultimately the most important resource they have: their people,” Secretary Chu said.

Accurate, timely information also is important to servicemembers.

“There have been press stories in the past about servicemen and women who get lost in the system, who don’t receive timely and accurate pay and benefits. (They could not) document where they were in military operations, so they (could not) get benefits for service-related medical conditions,” Norma St. Claire said. “(The new system) will truly transform military personnel and pay management for the department.” St. Claire is the director of DOD’s joint requirements and integration office.

Military personnel management is far more complex and far-reaching than personnel management in the private sector, she said.

“We have the responsibility of following our servicemembers from the moment they enter the military essentially for the rest of their lives,” Ms. St. Claire said.

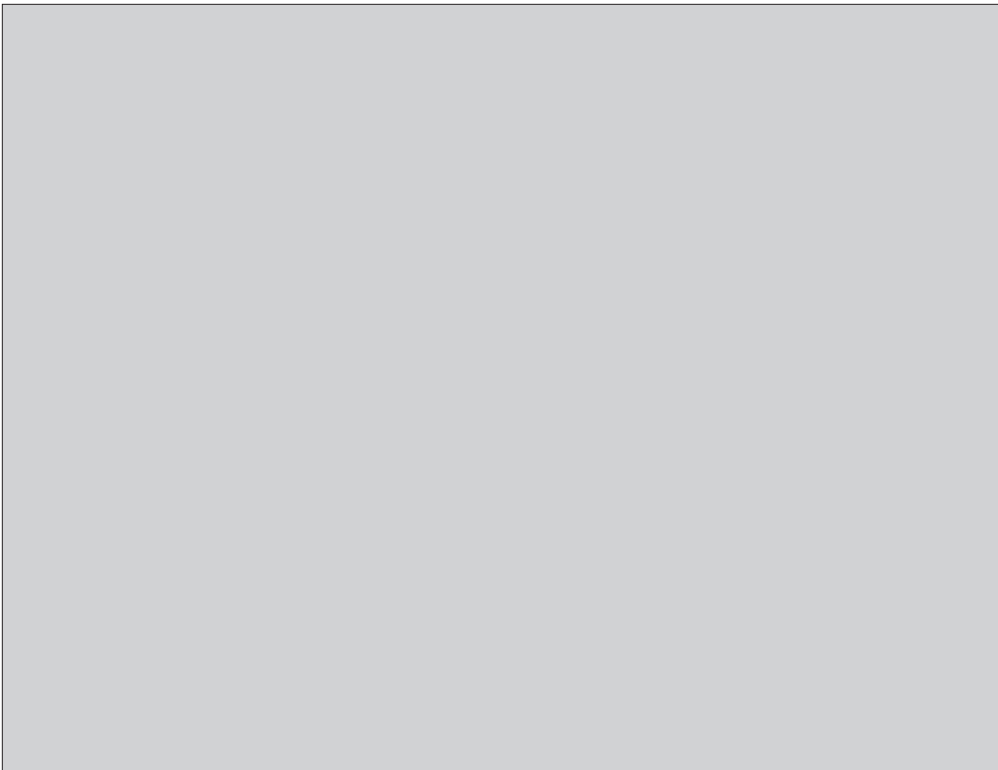
What complicates military records is that servicemembers transfer between the active and reserve components, and, today, that also often means reserve mobilization with concurrent duty overseas. The system will create a single record of service that will follow each servicemember. The records also will be used by the Department of Veterans Affairs after the servicemember leaves the military, officials said. It should simplify life for military members. One example Ms. St. Claire used was a servicemember’s promotion. Today, a personnel specialist puts that record into the personnel system, and then a pay specialist has to put the pertinent information into the pay system. With the new system, information is only entered once.

“Servicemembers today very often spend a lot of their time baby-sitting their records,” Ms. St. Claire said. “The ones who know enough about how personnel systems work, know enough to keep their own personal copies of everything. Then, they have to go around to make sure the systems reflect what they’ve got in it.”

The records will be online and will have security protection. Servicemembers will be able to access their records online, and if they see errors, report those immediately.

The new system will make it much easier for servicemembers to see what is in — or not in — their records, said Navy Capt. Valerie E. Carpenter, the joint program manager for the system. “They won’t have to request a microfiche or a hard copy,” she said. The Army will be the first user, with an initial operations capability set for November 2005.

“The services will be doing what we call data-cleansing: They will bring in the data they currently have, and it will go into the common database,” Captain Carpenter said. The system is the result of a recommendation the Defense Science Board made in the mid-1990s. Most companies had integrated their pay and personnel systems, and the board felt the military should also.



# Team Tyndall/joint service efforts aid injured airman

CHRISTINE SULLIVAN

325th Fighter Wing public affairs

A critically injured technical sergeant was safely evacuated by air to a rehabilitation facility in Tampa earlier this month after a one-car accident near Tyndall AFB in August left him paralyzed from the chest down. Cooperative efforts of organizations at Tyndall and Fort Rucker, Ala., made the air evacuation of Tech. Sgt. Terrance Roper, assistant noncommissioned officer in charge, 325th Maintenance Squadron Munitions Flight Equipment Maintenance, possible and taught a valuable lesson to those involved.

"I learned that being in the Air Force is much more than just a paycheck or the benefits we get at the commissary and base exchange," said Lt. Col. George Zaniewski, 325th Maintenance Squadron commander. "It's the fact that we're truly cared for as individuals and human beings. Everyone involved did the right thing for Sergeant Roper."

The accident occurred the afternoon of Aug. 13 when Sergeant Roper was driving along Highway 98 during a light rain-fall. He was driving within the posted speed limit when he lost control of his sports utility vehicle on the slick road and overturned near the Dupont Bridge. The accident resulted in a severe spinal cord injury.

After a lengthy stay in the intensive care unit of Bay Medical Center, being told he would never walk again, and undergoing

two surgeries, Roper, a husband of 12 years and father to three young daughters, remained optimistic. "I was amazed at the absolute tenacity of Sergeant Roper and his wife Sylvia," said Colonel Zaniewski. "Their drive, humility, and generosity of spirit are incredible."

Miraculously, Sergeant Roper regained a small amount of feeling in his hands and wrist since the accident, but the Roper family knew long-term physical and occu-



Courtesy photo

**Master Sgt. Rafael Chacon, 325th Maintenance Squadron, presents a folded U.S. flag to fellow squadron member Tech. Sgt. Terrance Roper during his retirement ceremony at Bay Medical Center Sept. 19 as Sergeant Roper's wife, Sylvia, looks on. Soon after the ceremony, Sergeant Roper was transported by Army air evac to a veteran's hospital in Tampa. He was critically injured in a one-car auto accident Aug. 13 that left him paralyzed from the chest down.**

pational therapy would be necessary. After several options were presented to them, the family chose to transport him to the James A. Haley Veterans Hospital in Tampa, Fla., a facility that specializes in the treatment and rehabilitation of spinal cord trauma patients.

"I was impressed by the team effort shown in Sergeant Roper's care," said Lt. Col. Dennis Oakes, 325th Medical Operations Squadron deputy commander and chief nurse executive. "The coordination of transport and expeditious paperwork in this case was extraordinary."

Because the Air Force C-9 Nightingale aircraft, historically used for aeromedical evacuations, was retired earlier this month, it left few options for this injured airman. With the assistance of the U.S. Army at Fort Rucker, Ala. though, air transport was arranged via a C-12 aircraft called the 'Flatiron.' If key members within the Army's Southeast Regional Medical Command had not provided this crucial assistance, ground transport to Tampa would have taken approximately seven hours.

Transportation arrangements were not the only issues the Roper family had to deal with. Another aspect of Sergeant Roper's severe injuries resulted in the guidance and

recommendations of a medical retirement board that included a dedicated representative from beneficiary services, a primary care manager, a healthcare integrator, a medical evaluation board representative, and Sergeant Roper's squadron commander.

"The primary care man-

ager and health integrator received daily updates on Sergeant Roper's condition," said Colonel Oakes. "The efforts made by members involved in the medical retirement process was incredible and the Roper family had the information in their hands two weeks after the accident."

After Sergeant Roper's medical condition was stabilized and his retirement ceremony held on September 9, the C-12 aircraft transport was requested and approved

to arrive at Tyndall instead of the Panama City airport. "The Army SRMC arranged to have the 'Flatiron' arrive here so members of

Sergeant Roper's squadron could say their goodbyes," said Colonel Oakes. "The timing couldn't have been better - they were saying farewell just as the C-12 landed."

"After Sergeant Roper was onboard and the 'Flatiron' began to taxi down the runway, we commented on how doubtful it would be that any of the Fortune 500 companies would have provided most injured employees with an ambulance and private physician from the hospital to a privately chartered aircraft bound for the rehabilitation center of his choosing," said Colonel Zaniewski. "But this one sure as heck did."

**"I was amazed at the absolute tenacity of Sergeant Roper and his wife Sylvia. Their drive, humility, and generosity of spirit are incredible."**

**LT. COL. GEORGE ZANIEWSKI**  
325th Maintenance Squadron commander



# Testing lab on wheels: AFRL takes research on the road

**MARY PAWLEY**

Air Force Research Laboratory public affairs

The next time you see an aluminum cargo trailer hauled down the highway, take notice — it may serve more than the usual, practical purposes. Scientists and engineers at the Air Force Research Laboratory/Airbase Technologies Division retrofitted an ordinary trailer into a mobile laboratory, able to perform high-quality testing in support of research and development projects at military bases or remote test sites.

AFRL's mobile lab provides a unique tool for both researchers and major commands to gather and monitor real-time data on site, which reduces analysis time and cost. The mobile lab provides several-sample-per-hour throughput of volatile analyses for identification and quantification. It is a complete, modern chemistry lab on wheels.

The mobile lab was configured with three gas chromatographs, or GCs, and various detectors to measure small volumes of high-concentration test samples. These samples are delivered directly into the system for separation and analysis. Lower-concentration samples are contained in a trap before desorption into the system for analysis. The lab includes an efficient fume hood and capabilities for sample preparation and instrument calibration. Data is recorded directly to electronic memory,

and can be managed and displayed in a number of different ways. The lab has a temperature-and-humidity-controlled environment and is protected from lightning strikes and other power surges.

Two trained persons are required to stand up and dismantle the mobile laboratory. These operations typically take one hour. Maintaining a clean environment inside and near the lab has its challenges, and cleaning up can take several hours — especially after contamination occurs.

Given its flexibility, the mobile laboratory has the potential to be an asset to a large scope of diverse projects simply by changing the configuration of the equipment. Recently, AFRL's Force Protection Branch's Asymmetric Threat Protection Group fielded this unique capability throughout the month of September at Eglin AFB in support of the Defense Threat Reduction Agency and the U.S.A. Dugway Proving Ground's Large Frame Aircraft Decontamination Demonstration. The LFADD



Mary Pawley

**Bob McDonald, AFRL/ARA Mobile Lab program manager, prepares samples for analysis during a capabilities demonstration.**


evaluated the procedures, equipment, materials, and techniques necessary to decontaminate a large-frame cargo aircraft. Current US policy does not permit an aircraft,

●SEE LAB PAGE 6

## ERAU registration:

Embry-Riddle Aeronautical University Winter 2003 term registration is 8 a.m. to 4:30 p.m. Oct. 14-17 in Bldg. 1230, Room 49. Class dates are Oct. 20 through Dec. 20. For more information, call 283-4557.

# Checkertail Salute



**Airman 1st Class Pleaz Hawkins**

**Duty title:** Avionics systems apprentice  
**Unit:** 325th Aircraft Maintenance Squadron, 95th AMU.  
**Time on station:** One year  
**Time in service:** One year, 10 months  
**Hometown:** Texarkana, Texas  
**Hobbies:** Basketball, weightlifting  
**Goals:** Become a commissioned Air Force officer  
**Proudest moment in military:** Receiving airman of the quarter  
**Favorite thing about Tyndall:** Location  
**Pet peeves:** None  
**Favorite book:** The Bible  
**Favorite movie:** Harlem Nights

*The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.*

**Airman Hawkins is awarded the Checkertail Salute Warrior of the Week award by Brig. Gen. Larry New, 325th Fighter Wing commander.**

The Checkertail Clan salutes Airman Hawkins for his efforts during a deployment with six aircraft to Luke AFB, Ariz., in support of F-16 dissimilar air combat training. He repaired 11 avionics malfunctions in a two-week period, aiding a 96.8 percent mission capable rate for 104 sorties.

● **FROM LAB PAGE 5**

once contaminated with chemical or biological warfare agents, to return to the continental United States. Presently, there is no way of rapidly and accurately determining how contaminated an aircraft may be, even after the aircraft has undergone decontamination. AFRL's mobile lab hopes to change that.

During the LFADD demo, a C-141B Starlifter from Air Mobility Command was subjected to a series of four contamination/decontamination test trials. The aircraft was sprayed with a chemical simulant (called tripropyl phosphate, or TPP), allowed to sit for an hour, flown (weathered), and then decontaminated using hot soapy water for three trials and a chlorine bleach solution for one trial.

Measurements were taken at each stage of the process to determine the amount of simulant off-gassing. Neither the TPP or the decontamination/cleansing methods utilized for the LFADD cause harm to humans or the environment as used in these controlled tests.

"The LFADD project offered real opportunity to quantify and qualify the practicality of cleaning large-frame aircraft, such as the C-141 or C-17, enough to return them to useful service," said Dr. Joe Wander, the Asymetric Threat Protection Group leader.

Approximately 3,000 sorbent tube samples were evaluated along with the effectiveness, time, man-hours, and other logistical factors required.

"Because of the high cost (approximately \$ 4 million) involved to stage the LFADD Advanced Concept Technology Demonstration , it was important that AFRL provide the most-accurate analytical results possible, he said.

"Using AFRL's mobile laboratory to analyze test samples on site was a major activity during LFADD," stated Bob McDonald, AFRL's Principal Investigator. The LFADD goal—to evaluate the most promising decontamination technologies and provide the best available technology and methods to the field—was achieved.

The mobile lab provided the needed capability to effectively analyze samples within walking distance of a decontaminated site.

The Asymmetric Threat Protection team believes the LFADD is an example of how AFRL's capability can be used to support MAJCOMs and the Air Force Civil Engineer in developing decontamination/measurement data that can used to shape future Air Force concept of operations for operating in a contaminated environment and decontamination procedures.

● **FROM RAPTOR PAGE 2**

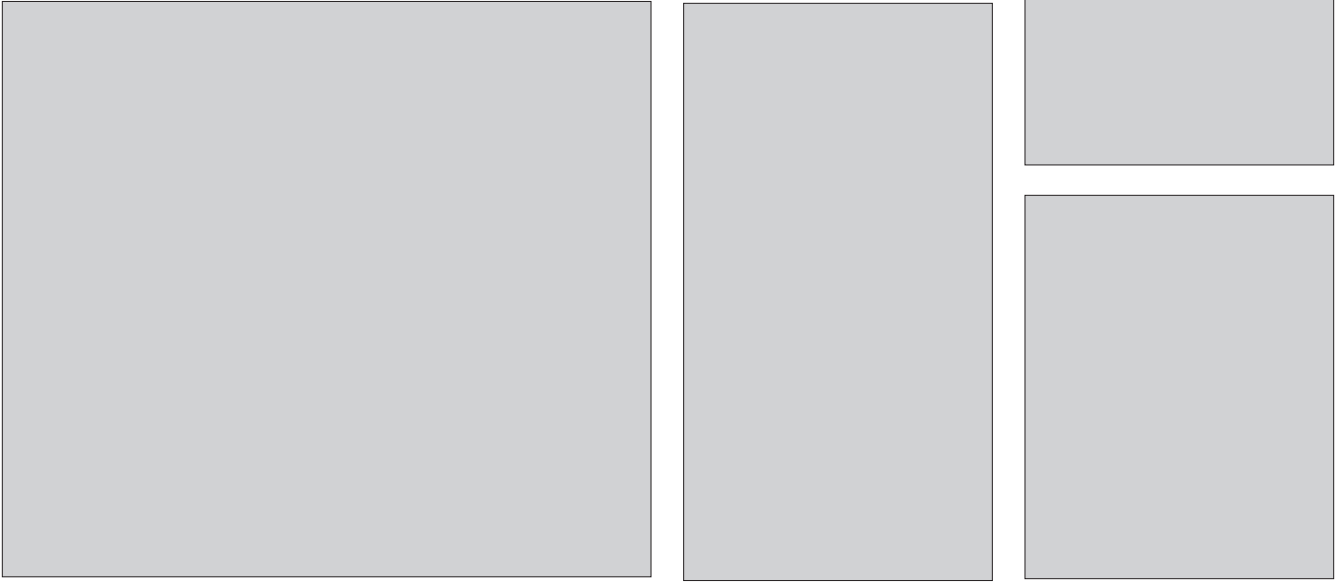
team training.

Speaking of changes, our Air Force is the best and most respected Air Force in the world and that's something we want to continue. To that end, senior leadership needs your input to determine where we are and what needs to be changed. The Air Force Climate Survey launched Wednesday, and your input is critical to allowing leaders to target areas of improvement so we can continue to improve while defending our national interests.

Remember, without your input, leadership doesn't know what needs to be changed or what is currently helping your organization succeed. You are highly encouraged to participate in the survey and can complete it anonymously on line at <http://afclimatesurvey.af.mil> anytime through Nov. 23. Additionally, the survey only takes a few minutes to complete and can be done from any government (dot-mil) or personal (dot-com) computer.

While I'm on the topic of feedback, there is an opportunity for Team Tyndall parents to share their views and concerns at the Bay County School Superintendent's Forum. Tyndall has partnered with Bay and Gulf County school districts to look at ways to support military families' transition into the local community. One of the areas of focus will be issues and concerns surrounding the transition of military youths into the local school districts. The forum will take place Oct. 14 from 6:30 to 7:30 p.m. at the Tyndall Elementary School cafeteria. Mr. James McCalister, Bay County School superintendent and I will host the event and all military and DoD families are encouraged to attend. Reservations can be made through the Tyndall Family Support Center at 283-4204/05. Questions and concerns can be sent to Judy Harris at the Bay County School District through Tuesday, Oct. 7 by calling (850) 872-4306 or via email at [harrijd@mail.bay.k12.fl.us](mailto:harrijd@mail.bay.k12.fl.us).

There is a lot of activity occurring at Tyndall and I encourage all of you to participate, as you are the driving force behind what makes this base great. Have a great weekend and I'll see you next week.





Meet the commander

Col. Timothy Merrell  
325th Operations Group commander

**Your vision for the unit:** Produce the world’s best air superiority and air dominance team for the combat air forces

**Goals for 325th Operations Group:**

☐ Continue to train like the champions that we are — we do that by producing near-mission ready wingmen, air battle managers, air traffic controllers and intelligence officers

☐ “Ready” for expeditionary operations — our fitness, medical preparedness and deployment qualifications are critical to our Air Force

☐ Sustainable battle rhythm — this is a cross country marathon; there will be some tough uphill and some easy downhill, but in the end we are going the distance. This is not a sprint. Family and friends sustain us over the long haul.

**Best Air Force experiences:** life-long friends in the Air Force community; and executing the mission you trained for.

**Key to success in the Air Force:**

☐ Leave it better than you found it

☐ Overwhelming competence in your area of expertise



☐ Take care of yourself and your family

**Pet peeves:** I’m not really fond of bad attitudes. I believe happiness is a choice — choose to be happy.

*This column is intended to introduce commanders and allow unit members to recognize and understand their new leader.*

Nine Tyndall  
majors  
selected for  
promotion

**Congratulations to the following Team Tyndall majors recently selected for promotion to the rank of lieutenant colonel:**

**325th Fighter Wing:**

Andrew Miskovich III, 325th Aircraft Maintenance Squadron  
Sandra Koerkenmeier, 325th Maintenance Operations Squadron  
Garth Doty, 325th Operations Group

**Associate units:**

Don Watson Jr., AFELM  
Christopher Joyce, AFELM  
James Wise, AFELM  
Joseph Henrie, 66th Training Squadron  
Navnit Singh, 823rd RED HORSE Squadron  
Terry Scott, 83rd Fighter Weapons Squadron

If you think you have a problem with alcohol, call 283-7511. There is an on-base solution.



**DON'T  
DRINK AND DRIVE**

# The Raptor is home

## Arrival of Tyndall's first F/A-22 opens new era of 'Air Dominance'

**TECH. SGT. DAN NEELY**  
325th Fighter Wing public affairs

The first operational F/A-22 Raptor was delivered here Sept. 26 to the Air Force's only F/A-22 schoolhouse, marking a historic day for the U.S. Air Force and the 325th Fighter Wing.

Tyndall, once known as "The Home of Air Superiority" becomes "The Home of Air Dominance." The arrival of its first F/A-22, which will eventually replace the F-15 Eagle, sets the foundation for the next generation of combat fighter pilots.

Lt. Col. Jeff "Cobra" Harrigian, commander of Tyndall's 43rd Fighter Squadron, piloted "Raptor 18" from the Lockheed Martin Aeronautics Company assembly plant in Marietta, Ga., to Tyndall.

Colonel Harrigian's squadron is the first unit charged with training F/A-22 pilots.

Hundreds of base spectators and invited local civic leaders got their first glimpse of "Raptor 18" when the jet, flanked by a Tyndall F-15 Eagle chase plane, broke through a layer of scattered dark clouds.

Colonel Harrigian made several low passes over the airfield before gently touching down at 4:35 p.m. He taxied the twin-engine, V-tailed jet to a parking spot in front of the base operations facility, giving spectators and the news media a close-up view of the world's most

formidable fighter jet.

After exiting the aircraft, Harrigian received a planeside hero's welcome from his family and Brig. Gen. Larry New, 325th Fighter Wing commander

spectators and Bay County civic leaders.

"Is that an awesome jet or what?," the colonel asked. "This is a great honor for me personally," he said. "I never



Tech Sgt. Mike Ammons

**"Raptor 18," piloted by Lt. Col. Jeff "Cobra" Harrigian, 43rd Fighter Squadron commander, cruises toward its Tyndall AFB home Sept. 26 after taking off from Lockheed Martin's assembly facility in Marietta, Ga.**

— all capped by a traditional champagne toast.

"This is truly a historic event for Tyndall and the U.S. Air Force," General New said. "We're very excited down here — both the people here at Tyndall and our local community partners — about standing up the Air Force's very first operational F/A-22 squadron, bringing in the next chapter of Air Force history in air dominance and serving our nation."

Moments after climbing down from his aircraft, Colonel Harrigian stepped up to a podium before hundreds of base

thought I'd have the chance. This is a huge day, not just for the 43rd and the 325th, but for the entire Air Force and Bay County. I think we're all really proud to have the airplane here."

The colonel closed by thanking the entire Raptor team — base personnel, contractors and the community.

"I know it's been years and years of effort. From the bottom of my heart, I really do appreciate it," he said. "We'll do it right here, and just as General New said, 'this is just the beginning.' Air dominance will be our job and we look forward to doing that."



**Above: Tech. Sgt. Jeff Simpson, 43rd chief, guides his airplane "Raptor" Simpson welcomes Colonel Harrigian.**



The Raptor was marshaled in by Tech. Sgt. Jeff Simpson, a dedicated crew chief with the 43rd Aircraft Maintenance Unit. Simpson held the same position for Raptor 6, a test aircraft at Edwards AFB, Calif.

"I've been waiting a little over a year (for Raptor 18's arrival), but it's good to finally see my jet here at Tyndall," Sergeant Simpson said. "It's awesome. I've been lucky enough to have worked on Raptors since 1999, and now to see this airplane is an awesome feeling. It's





Steve Wallace

43rd Aircraft Maintenance Unit dedicated crew "18" to its parking spot. Below: Sergeant James Wilkerson prior to helping him exit the jet.



Lisa Carroll

Brig. Gen. Larry New, 325th Fighter Wing commander, congratulates Senior Master Sgt. James Wilkerson, 43rd Aircraft Maintenance Unit NCO in charge, as a crowd of Team Tyndall members, contractors and Bay County civic leaders cheers the arrival of the base's first F/A-22 Raptor.

a great jet," he continued. "It's going to be friendly to maintenance folks. For the pilots, there won't be anything that can touch it."

According to Maj. Steven James, 43rd Aircraft Maintenance Unit commander, his people and their maintenance infrastructure had humble beginnings.

"The most difficult challenge in all this has been starting a complete unit from scratch," the major said. "We started off with no buildings, no tools, no equipment and no trained people. In the last

several years we've grown from nothing to a squadron of pilots and maintainers who are ready to take the F/A-22 into the 21st century."

The Raptor, the U.S. Air Force's premiere fighter, is a multi-role aircraft, designed to perform both air-to-air and air-to-ground combat missions. The Raptor elevates U.S. technological advantages and updates '70s technology, using stealth, integrated avionics, maneuverability and supercruise (the capability to reach and maintain supersonic speeds without using fuel-expensive afterburners). These characteristics promise to provide the warfighter air dominance in any battlespace.

The F/A-22 is a critical component of the Global Strike Task Force that is designed to project air dominance, rapidly and at great distances, to counter and defeat threats that will attempt to deny access to our forces. The F/A-22 cannot be matched by any known

or projected adversary fighter aircraft. "The F/A-22 is a linchpin for establishing air dominance," General New said. "It will restore technological advantage two generations ahead of the threat, providing a vital insurance policy for our airmen, nation and defense."

The 325th Fighter Wing, which trains F-15 pilots, air battle managers, intelligence officers and air traffic controllers, was officially selected as the site for the F/A-22 pilot training program in August 2000. In all, Tyndall is expected to receive 50 Raptors over the next several years.

**"The F/A-22 is a linchpin for establishing air dominance," General New said. "It will restore technological advantage two generations ahead of the threat, providing a vital insurance policy for our airmen, nation and defense."**

**BRIG. GEN. LARRY NEW**  
325th Fighter Wing commander





Steve Riddle

### Irish eyes are smiling

Dancers showed off their skills at an Irish Dance presentation on center stage during the End of Summer Celebration Saturday. The event attracted nearly 600 people according to early estimates. Contests for the kids included hula hoops, Frisbee toss and relay races. For results of the 3-on-3 Volleyball Tournament, see photo on Page 13.

## Vehicle show comes to Tyndall

A participant from last year's annual Car, Truck and Motorcycle show dusts off his vintage car prior to judging. This year's show takes place Sunday from 8 a.m. to 4 p.m. in the Bayview Housing/Highway 98 area. For details, see the advertisement on Funshine News, Page 14.



File photo



# When fire strikes ...

## Base fire prevention experts join national campaign, offer safety tips

**ROBERT ANDERSON**  
Assistant Chief, Fire Prevention

*(Editor's note: National Fire Prevention Week will be observed Sunday through Oct. 11. This year's theme is "When Fire Strikes: Get Out! Stay Out!")*

Fire can occur in your work place or at home at any-time, day or night. To reduce unnecessary fire loss, injury, or possible loss of life, you must be prepared. The Tyndall Fire Department reminds all Team Tyndall members to have a fire reaction plan and a fire evacuation plan available for everyone to review and practice.

A fire reaction plan is a step-by-step written procedure of what should be done if a fire is discovered in the work place or at home.

A fire evacuation plan is a drawing of a facility or house that maps out the escape route that should be used in the event of a fire. Include the locations of fire extinguishers, fire alarm pull stations and a designated meeting place at least 75 feet away from the facility or housing unit.

These fire plans should be reviewed and updated frequently to ensure the information is current. Procedures must be practiced on a recurring basis so everyone will know what to do in the event of fire. Do not wait until a fire happens to become acquainted with the fire reaction and evacuation procedures.

The fire reaction and fire evacuation plans work hand-in-hand. For instance, if you discover a fire, see smoke or smell something burning, it is time to initiate the fire reaction plan. Here's how:

Get everyone out of the building by sounding the fire alarm using the nearest fire alarm pull station. If your facility does not have a fire alarm system, use the public address system. Calmly announce for everyone to leave the building immediately. People should evacuate the facility by using the nearest exit according to the fire evacuation plan. Everybody should report to the designated meeting place and ensure all personnel are accounted for. Do not go back into the building to attain personal items.

Call the fire department (911) in a fire-safe area. Again, remain calm and do not hang-up the phone until the fire department dispatcher tells you to. The dispatcher will need the following information:

- ☐ **Building number and address**
- ☐ **Location of the fire if known**
- ☐ **Name of person calling**

Appoint a person to direct the fire department to the emergency location.

Once the building has been evacuated and the fire department notified, then attempt to extinguish the fire

using a portable fire extinguisher. Do not put yourself or others in jeopardy. If you feel you cannot combat the fire without endangering yourself, leave the fire area and report to the designated meeting place. Your safety is more important.

If the facility's fire alarm system activates automatically, leave the building immediately unless previously told by a fire department or fire alarm maintenance representative to disregard the alarms. Always notify the fire department immediately by calling 911 if the fire alarm system activates automatically.

The above information also applies to families living in base housing. Military family housing residents are strongly encouraged to:

Purchase an "ABC" rated fire extinguisher and place it in a location that will be accessible at all times. Do not place the fire extinguisher above or around the kitchen stove.

Test your smoke detector monthly and replace the battery back-up at least annually. National Fire Prevention Week should be a good reminder to replace your smoke detector battery if you have not yet done so.

Check all the windows to ensure they open easily and move items that will prevent them from being accessible. Windows may have to be used as an escape route.

Practice "EDITH," an acronym for Exit Drills In The Home. "EDITH" should be practiced during the day and at nighttime when the family has gone to bed. When the smoke detector activates, teach your family to roll at of bed onto the floor and crawl to the bedroom door.

If the door is closed, check the door with the back of the hand before opening it. If the door is hot, keep it closed and use the bedroom window to escape.

Young children should be taught to crawl to the bedroom window and wait for assistance. Assign the designated meeting place at a neighbor's front yard so all the family members are accounted for when the fire department arrives.

During National Fire Prevention Week, the Fire Protection Flight will have a display at the base exchange mall and hand out free fire prevention material. In recognition of National Fire Prevention Week, the BX will offer fire extinguishers and smoke detectors at sale prices. The flight will also be conducting fire drills at various locations. So be ready! Check your fire reaction plan and evacuation plan to make sure it's current and ensure everyone knows what to do.

The Tyndall Fire Department says, "When Fire Strikes: Get Out! Stay Out!" For additional information, contact the Fire Prevention Office at 283-2909.

Your link  
to what's going on

Gulf

Guide

in the  
Tyndall community

OCTOBER

FRI

3

**“Teaching as a Second Career” seminar**  
A Teaching as a Second Career seminar will be 1-4 p.m. today at the Conference Center, NAS Pensacola, Room D, Building 3249 on BOQ Road. Speakers at the seminar will explain registration requirements for the Troops to Teachers program, clarify teaching certification requirements and educational options, and explore job opportunities in Escambia and Santa Rosa counties. Key representatives will be on hand from TTT, the University of West Florida and the Escambia and Santa Rosa County School Districts. For more information, call (800) 231-6242 or (850) 452-1234 or DSN 922-1234. Ask for Rich Schram, extension 163 to confirm seat and obtain further details, or e-mail [rschram@voled.doded.mil](mailto:rschram@voled.doded.mil).

SAT

4

**Summer Clearance Sale**  
Continues at the Tyndall Thrift Shop Saturday from 9 a.m. to noon Saturday. Located across from the Post Office in Bldg. 743. Parking is behind the building.  
Donations are accepted at any time; consignments accepted 9:30-11:30 a.m. Wednesday and Thursday; regular hours 9:30 a.m.to noon. Wednesday, Thursday and Friday. For more info, call 286-5888.

SUN

5

**Protestant Annual Picnic and Unity Service**  
The Protestant Annual Picnic and Unity Service will be held on Sunday Oct. 5 at 10 a.m. at Heritage Park. We'll be having good food, good fellowship and good fun, so make plans to attend. The offering that day will be designated for Operation Turkey Drop to help provide a good Thanksgiving meal for many of Team Tyndall's families. Our Sunday school will

also be collecting canned and nonperishable food items to take to the Panama City Rescue Mission. In case of inclement weather, our backup plan is to use the Youth Activities Center. If you can, please bring a side dish or dessert.

MON

6

**Change of command**  
The 82nd Aerial Targets Squadron holds a change of command ceremony at 3 p.m. Monday in Hangar 5. Lt. Col. Jerry Kerby will assume command from Lt. Col. Ronald Dorn. Everyone is invited. A reception follows at the Tyndall AFB Officers' Club. Dress is uniform of the day (business dress for civilians).

**Anger-management workshop**  
A four-session anger-management workshop will be 10:30 a.m.-noon Monday, Oct. 20, 27 and Nov. 3 in the family advocacy conference room in Building 1305. For more information, call family advocacy, 283-7511.

WED

8

**Parenting workshop**  
A three-session effective parenting workshop will be 1-3 p.m. Wednesday, Oct. 15 and 22 in Room 127 in Bldg. 1305. For more information, call family advocacy, 283-7511.

NOTES

**Black heritage committee meeting**  
The Tyndall Black Heritage Committee will meet 11 a.m. Tuesday in the community activities center. The committee meets the second Tuesday of every month. New members and participants are always welcome.

**FTAC deputy flight chief position open**  
The First Term Airmen Center has an opening for an energetic, enthusiastic technical or staff sergeant to fill the Deputy Flight Chief position. The individual selected will play a major role in transitioning Tyndall's newest airmen into the Air Force and Team Tyndall. Duties of the position include: planning, supervising and coordinating FTAC activities, enforcing policies and procedures, managing the FTAC curriculum,

supervising team leaders and up to 900 students per year, coordinating with over 40 base and community agencies, providing professional briefings and tours, and advising wing leadership on issues impacting first term airmen and their families.  
Packages must include an application letter, a letter of recommendation from the applicant's commander approving release and the last five Enlisted Performance Reports. Packages will be accepted until Oct. 16. Applicants must contact the FTAC staff to schedule an interview. The selected individual will need to be available to assume FTAC responsibilities no later than Nov. 1. If you have any questions please contact Master Sgt Albert J. Lewis Jr. via email or DSN. 523-0154.  
Forward to packages to MSgt Lewis, FTAC Flight Chief, 523-4336.

**Dental clinic hours**  
Effective Wednesday, the dental clinic changed its hours of operation to 7:30 a.m. to 4:30 p.m. Monday-Friday. Dental sick call remains by appointment and will begin at 7:30 a.m. Monday-Friday. For more information, call the dental clinic, 283-7572.

**New sickcall hours**  
The family practice clinic sickcall hours will now be from 7 - 7:30 a.m. and from 1- 1:30 p.m.. Family practice will be closed the first Wednesday of every month at noon for mandatory training purposes and will not have sickcall or late clinic on these days. To make an appointment at family practice call 283-2778.

**EIT Exam**  
The Florida Engineering Society, Gulf Coast Chapter, will conduct a 24-lesson Engineer in Training exam review course at Gulf Coast Community Collegeon Monday evenings from Monday through March 29. This course is designed for those who plan to take the Florida State EIT exam on April 17. Registration must be accomplished at Gulf Coast Community College. To register and for additional information, call Doug Merkle at 283-6114 or 871-3132 or e-mail at [dhmerkle@aol.com](mailto:dhmerkle@aol.com).

CHAPEL SCHEDULE

The following Catholic services will be held at Chapel 2: Daily Mass, 11:30 a.m. Monday-Friday;  
Reconciliation, after Saturday Mass or by appointment; Saturday Mass, 5 p.m.; Sunday Mass, 9:30 a.m.; religious education, 11 a.m. Sunday.  
Protestant services will be as follows: Communion service, 9:30 a.m., Chapel 1; religious education classes, 9:30-10:30 a.m. in Building 1476; general Protestant service, 11 a.m., Chapel 2.



## Base events cap successful summer



Photos by Steve Riddle

Left: Keith Wyatt chips onto the No. 8 green Sunday during the annual Pelican Point Golf Course Club Championship. Wyatt, who was last year's champion, fought off windy conditions and a strong last round charge by Tim Carpenter to win again. Wyatt had a two-day total of 152 to Carpenter's 153. Oscar Flores finished third. The next tournament at Pelican Point will be the annual Retiree Tournament, scheduled for Oct. 25-26.



Above: Teams compete for a \$300 cash prize in the End of Summer Celebration 3-on-3 volleyball tournament Saturday. The 82nd ATRS team of Kevin Connor, Israel Figueroa and Tim Martin won the best-of-three, single elimination tournament. It went down to the final game and final serve. The 325th AMDS earned second place honors.

## Runners compete in AF Marathon

STEVE RIDDLE

325th Services Squadron publicist

Some of the fastest people on base represented Tyndall well Sept. 20 at the Air Force Marathon held at Wright – Patterson Air Force Base in Dayton, Ohio.

Most said they beat their best times or personal goals. Steven Rausch turned in the fastest time of the Tyndall runners, completing the full 26.2-mile course in 3 hours, 3 minutes, 44 seconds, good for 35th place out of 1,265. Don Mason was right on his heels with a time of 3:09:35. Thomas Carney finished in 3:31:45, Tesfaye G-Michael finished in 4:12:42, Bryon Gleisner had a time of 4:14:23, and Ernie Lorenzo ran the course in 4:27:26.

Suzanne McTernan ran the half-marathon in 2:00:50, and Carolyn Czepiga finished close behind her with a time of 2:02:41.

The relay team, made up of NCO Academy instructors Robert Corrigan, Stephen Mihal, Lewis

Pelau, and Russel Ratley, finished the marathon in 3:39:43, good for 16th place in the Male Team Division.



## Going back in time, Medieval style

STEVE RIDDLE

325th Services Squadron publicist

Air Force Club members will get a chance to step back in time when the Tyndall Enlisted Club hosts the third-annual Medieval Banquet beginning 6 p.m. Saturday.

The all-ranks event will have a Middle Ages theme, according to Peggy Geil, 325th Services Squadron marketing director. Men in armor will be battling with swords and other medieval weapons at the event.

The Society for Creative Anachronism will be performing. The group is an international organization with chapters in north Florida that is dedicated to keeping alive the traditions and history of pre-17th-century Europe.

According to Ms. Geil, there will be plenty to make participants feel like they have

stepped back into the Middle Ages.

"There will be displays of armor and weapons, and there will be a bazaar featuring an artist doing charcoal sketches," she said. "Also, there will be belly dancing and fortune telling."

Ms. Geil said even those attending can be a part of the medieval atmosphere. In fact, they are asked to dress the part of people living in the Middle Ages. A costume contest will be held, and the winner will receive tickets good for two dinners at Medieval Times, an Orlando restaurant that features jousting knights as part of the dinner show.

"We encourage audience participation by wearing medieval garb," Ms. Geil said. "Last year, only a small number of people

came without a costume."

Dinner will be served at 7 p.m., and even that will be done with a medieval theme.

"This dinner is going to be done in true medieval style," Ms. Geil said, adding that the roast chicken, vegetables and fruit tarts for dessert would all be eaten "with fingers."

Ms. Geil said this event is a great chance for the club to show their versatility in catering special events and dinners, but said there was an even better reason for the event.

"It's an opportunity to provide something special for the club members," Ms. Geil said.

Tickets for the event are \$19.95 and are available at the Officers Club throughout today.

*(No federal endorsement of any of the mentioned sponsors is intended.)*





# Funshine NEWS

October 3, 2003

## All Ranks Lunch at the Officers' Club

Mon.-Thurs.: \$6.95 ■ Friday: \$7.95  
11 a.m.-1 p.m.

Unlimited access to the daily buffet, salad bar, fountain soda, tea & coffee!

Includes Fresh, Hot, Carved Meat Sandwiches on Kaiser Roll

Monday	Chef's Choice
Tuesday	Italian
Wednesday	Oriental
Thursday	All American
Friday	Seafood

\*Members, show your club card to receive a \$1 discount!

## On Base Food Delivery

■ **Lunch Menu:** Mon.-Fri. 11 a.m.-1 p.m.  
*Limited to office deliveries (i.e. squadron addresses)*

■ **Evening Menu:** Fri. & Sat. 5:30-9 p.m.

**Subs & Pizzas**  
**286-2900**

## All Member Services

are provided at the Officers' Club  
Business Office  
9 a.m.-3 p.m., Mon. - Fri.

- Membership Inquiries
- Account Maintenance
- Club Card Payments
- Birthday Voucher
- Catering Arrangements
- Transfers
- Sign-ups
- Check Cashing



## The Heat is On!

Attention O' & E' Personnel  
Join your Tyndall AF Club by Oct. 31  
for a chance to win a Sunsational  
Services Card good for free services:  
Greens Fees at Pelican Point Golf Course  
Open Bowling at Raptor Lanes & a  
Swim Pass for the base pool (2004 season)  
Some restrictions apply.

Please stop by the O' Club business  
office for more information.

## Youth Center

☎ 283-4366

### Start Smart Basketball

Oct. 25, 9 a.m. Ages 3-5 yrs. \$30.

### Youth Surf Classes

Saturday afternoons 12-4 p.m. open to  
youth ages 10 yrs and up. Cost is \$35.

## Skills Development Ctr.

☎ 283-4511

### Basic Knitting Classes

Classes are suitable for both adults and  
youth (ages 10 yrs. and up). Fee is \$25  
which includes lessons and all supplies.  
Maximum of 3 students per class.  
Classes are held from 9:30-11:30 a.m.  
on the following days: Oct. 11 & 18,  
Nov. 8 & 22, Dec. 6. Stop by the Skills  
Center to register.

## Football Frenzy

Each visit to the  
CAC Pizza Pub  
is your chance  
to win a  
pro game trip!



Enjoy a large, 1 topping pizza and a pitcher  
of Miller Lite for \$8.50 every Sunday.



Sponsored in part by:



No federal endorsement of sponsors intended.

**283-3222**

## Pelican Pt. Golf Course

☎ 283-4389

### Retirees Golf Championship

Oct. 25 & 26, 7:30 a.m. Tee time, \$30  
entry fee. Sign up by noon on Oct. 24th.

## Lodging Programs Expanded for Holidays

Due to an Air Force waiver, the Sand Dollar Inn and  
other AETC lodging offices can take "Space A"  
reservations as far out as two months in advance of  
the Nov. 22-29 Thanksgiving holiday and the Dec. 12  
to Jan. 4 Christmas and New Year's holiday. That  
means people can book up to an eight-day stay for  
Thanksgiving now and as soon as Oct. 1 for up to a  
20-day stay over the Xmas and New Year's holidays.

**283-4211**

## Work & Play Paintball

Sept. 27, 2003 9:30 a.m.

at the Tyndall Paintball

field located by Sabre Gate

Bring family, friends and co-workers  
be prepared to do some work.  
Bring stuff to drink and snack on!  
Bring basic lawn maintenance  
equipment. Bring your paintball  
equipment. Don't have your own  
paintball stuff? Don't worry for \$20  
you can rent a gun, mask and air.  
Paint is \$14 for 500 rounds or \$50  
a case. All day air is \$7.

**283-3199**

## Berg Liles

☎ 283-2239

### Birthday Meal

This birthday meal is for SIK customers  
whose birthdays occur between May and  
October 2003. Participants may bring one  
guest for a cost of \$15.

## Aero Club

☎ 283-4404

### Classes

Private Pilot Ground School starts Oct. 6;  
Instrument Commercial Ground School  
starts Oct. 7

## Tyndall Dive Club

Next meeting: Oct. 23

Call the Marina Club for  
more details: 283-3059

## Family Child Care

☎ 283-2266

### Help Wanted

Do you enjoy watching infants grow  
and develop? Would you be interested  
in becoming a Family Child Care (FCC)  
Provider to care for children under the  
age of two? Currently there is a need  
for FCC spaces for infants and  
toddlers. Contact the FCC office for  
more information on how to become a  
licensed provider.

All Ranks Members Only at the E' Club

## Medieval Banquet

October 4, 6 p.m.

\$19.95 per person

Tickets may be purchased at the O' Club cashier's  
cage. For your convenience, you may phone in  
your reservation and bill the cost to your  
club card.

- Feast & Beverages
- Live Demonstrations
- Costume Contest
- Door Prizes

Sponsored in part by: Tyndall Federal  
Credit Union. No federal endorsement  
of sponsor intended.

**283-4357**



Tyndall Enlisted Club

## Open Mic Night

Oct. 3 at 8 p.m.

Active AF club members only.

Perform using any means of  
talent: poem, recitation,  
singing, rapping, etc.

### WIN PRIZES!

Call 283-4357 to pre-register.  
Get a copy of the official rules  
for the competition from the  
O' Club business office.



## Community Activity Center

☎ 283-2495

### Pig Skin Picks

Forms are available at the CAC &  
Sports Page Pizza Pub. Prizes will be  
awarded. Anyone who aces the weekly  
Pig Skin Pick will automatically receive  
one free Pizza Buffet.

### Introduction Yoga Class

Oct. 4, 11:30 a.m.-12:45 p.m. \$10 per  
person. One Class Only. Learn what  
Yoga is all about in this intro class.

## Tyndall's Annual Car, Truck and Motorcycle Show

Sunday, October 5, 8 a.m.-4 p.m.

In the Bayview Housing Highway 98 Area

Free and Open to the Public

Bring your own lawn chairs! Beverages and  
food will be sold. No coolers allowed

**Events Include:** K9 Dogs, DJ, Bouncing  
Castle, DARE Program, Kite Demonstration  
and sale, remote control car demos.

Services Display and Information Tables

Craft booths available \$10 per table.

Must pre-register to have a reserved spot.

Holiday crafts will also be on sale.

**283-4511**

Tyndall AF Clubs present:

## Travel the World

A membership recruitment &  
recognition program designed to "take you away".

Promotion ends October 31.

More than 140 people Air Force wide will win travel related prizes valued  
from \$500 to \$5,000 just for signing up. The drive is open to all eligible  
non-members. (active duty, reserve, DoD civilians and retirees)

A set of prizes will also be offered to current  
club members, who are automatically entered to win.

Membership applications are available at the club.





# HAWC cooking class creates healthy cuisine



**Senior Airman Scott Moore a personnelist from the 325th Operations Support Squadron puts the finishing touches on a banana-raspberry layer cake. He was one of the volunteers from class to demonstrate the assembly of new recipes.**

**AIRMAN SARAH McDOWELL**  
325th Fighter Wing public affairs

Just like peas and carrots, spaghetti and meatballs, and peanut butter and jelly go together so well, so do a healthy diet and exercise.

The Health and Wellness Center on base has just the class to help people learn how to cook healthy and tasty recipes every second Thursday of each month at noon.

“With the obesity problems occurring in our nation as well as in the Air Force – and people just struggling to meet the minimum weight and body fat standards — it is important to learn how to eat healthy,” said Capt. Carma Pauli, a 325th Aeromedical Dental Squadron dietician. “A lot of people nowadays do

not know how to cook because it is easier to drive through and pick something off of the dollar fast food menu on their way home, but the cost to their health is significant.”

This class teaches students how to cook a variety of healthy and good-tasting recipes that are also quick and fairly easy to make. It may make the students want to choose cooking over dining out.

Every month a different theme is showcased. “In the past we have done different ethnic-type food demonstrations. We have done Caribbean, Italian, Mexican, vegetarian, fish grilling, low-sugar desserts, kid’s food demonstrations and others targeted towards heart-healthy eating,” Captain Pauli

said. “It is a variety of healthy recipes this month. We usually demo anywhere from four to six recipes during the hour class, so they get to sample all of those.”

“You get healthy lunch and dinner ideas and tips on how to cook tasty low calorie and fairly quick recipes for a family or for an individual,” said Capt. Andrea Moore, women’s health practitioner, 325th ADS.

Also, the class only lasts an hour, so it is convenient for those who would like to learn how to cook during their lunch break. “For each recipe we ask one volunteer to come up.” Captain Pauli said. “We have everything prepared, cut, chopped and measured, and the volunteer comes up and assembles the recipe in front of everybody. We have the overhead mirrors like are on television and all the people in the audience can see how it comes together”

After each demonstration, the staff already has at least twice as much of the recipe prepared so the students can

get a generous sample. Class sizes have varied from 15-50 people, so depending on how many people come to the class, the samples may be more or less, but there is always enough for everyone.

“It was fun and I got to eat for free,” said Senior Airman Scott Moore, a 325th Operations Support Squadron personnelist who attended a recent class.

“If somebody puts a little time, energy and effort into planning meals

and preparing a few more meals a week at home than eating out all the time, the calories savings can be fairly significant,” Captain Pauli said.

“Once people realize how easy it is to put healthy recipes together, they will,” said 1st Lt. Eric Phillips, a 325th ADS dietician. “With the misinformation that is out there, it’s good to learn how a healthy recipe should be put together.”

Combining healthy eating with exercise obviously will help keep Air Force members fit to fight, and this class is just one tool to help people do that.

For those who already know how to cook, the class will help people learn new tips on healthy cooking. For those who do not do much of their own cooking, it will help them learn how to cook more than just peas and carrots, spaghetti and meatballs, and peanut butter and jelly.

To sign up for Thursdays class, call the HAWC at 283-3826.



**Captain Pauli instructs the class as Captain Moore provides the demonstration for cooking Saucy Cheese Tortellini.**

